

## California State Games

**Tuesday, July 13<sup>th</sup>**

The Cal State Games is an optional Junior Guard competition held in Coronado in coordination with the Summer Games. Last year we smoked the competition and took first place. We encourage all Junior Guards to participate. There is a \$10 fee to participate. Sign ups will take place before and after JG's. Last day to sign up is Tuesday, June 29<sup>th</sup>.

To sign up you will need to bring a check that is payable to **Silver Strand JG Association**.



## 2010 JR. LIFEGUARDS

<http://www.calstategames.org/s-jrlifeguards.html>

### DATE

Tuesday, July 13

### SITE

Coronado Central Beach  
920 Ocean Blvd.  
Coronado, CA 92118  
Turn on Isabella from Ocean Blvd for Drop Off Area

### TIMES

Check-in Time: 7:30am  
Competition begins: 9:00am

Opening Ceremonies at Qualcomm Stadium-Friday July 9  
Athletes receive t-shirt and line-up between 5-6:30pm at Section M1



| Divisions | Age Bracket     |
|-----------|-----------------|
| AA        | 16-17 years old |
| A         | 14-15 years old |
| B         | 12-13 years old |
| C         | 9-11 years old  |

| <b>Event<br/>Schedule</b> |              |
|---------------------------|--------------|
| Distance Run              | Run Relay    |
| Distance Swim             | Swim Relay   |
| Run-Swim-Run              | Paddle Relay |
|                           | Rescue Relay |
|                           | Beach Flags  |